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Foundation, I.I.I., Persian Master

of the God, we call you forward at this time to be present in our hearts, minds and souls and as these merge into oneness in thy divine presence, bring forth the holy spirit and the divine essence of light, love and grace. So that we each here might be lifted up into the greater glory, for the greater good and within that lifting we might be liberated into our own soul liberation and find the true path back home into you oh father

Greetings, beloved. It is good to have each one of you here present at this time. It is sometime since we have had such a collective energy together to have such a clear focus come forward. Earlier this week when we were present in a meeting similar to this but only John and Jim, it was much more difficult for the energy to flow properly and we are finding that more gathered together brings a clearer energy, clearer channel, a clearer focus. Where two or more are gathered together in my name, there also am I and in those numbers more clarity can come forward with the greater energy that is present. It is very good to remember, too, that focus is very important. So when we come together in a meeting such as this, come with a clear focus, aiming for the highest good for all - to bring forward within your own life and the lives you are going to touch the greatest light, the greatest love, the greatest peace that can be manifested through you. Try to find a clearer focus within you and learn to live in that focus. For where your mind is focused is where your life is lived. If you are focused within the physical planes of this earth, that is where you live. That is where your attention, that is where your heart, mind and soul will dwell. But if you focus your mind upon God and his kingdom, all else truly shall come forward and be given unto you.

For in God's kingdom all reigns supreme. All is equal. Nothing is superior or inferior in his reign. And if you look only to the God within you and allow Him to dwell and live in your mind, heart and soul, you will find all things opening up before you equally, with equal importance, equal in great understanding and in equal flow of light and love out into all different areas of your life. So focus your attention upon the God within you and allow it all to unfold according to His plan rather than you focusing your attention either upon the physical, the emotional or the mental part of your life. And there dwelling only in those areas.

This means that you may have to learn to live in this world but not be of this world. That means learning to step outside of this world and living in God's kingdom, living within the soul light, living within that God presence within you. And not letting the things of this world be of great importance to you. For if God is not the most important thing in achieving then you will not achieve Him in this lifetime. God consciousness must be the most important thing in your life or you cannot achieve it. You have to focus all of your attention toward that goal.

Now this does not mean that you have to give up all other endeavors in this world - that you cannot focus attention into career, in service, in family for there too is God. What it means is that you have to try to find God in all things that you do within your life. And all things that you do in your life, you offer up to God in service and in love. And as you begin to focus then on the God within all things and all activities, you will find Him there, and you will find Him within yourself then as well.

So the next time you see a flower or a bird or a tree that seems to offer great beauty to you, go beyond the beauty and see God within as well. For that is what brings forward that great beauty. And when you see a person in pain and sorrow, in agony - reach forth a hand unto them for there is a God within them as well striving to come forward. And the God within you can offer that helping hand with a smile, with a word, with a hand of strength. This does not mean you have to go out into the world and do all for everyone because you cannot. But when the opportunity comes forward, you reach out and help the best you can. This is what the Foundation is all about - reaching out a helping hand to help those in need. At this time, the Foundation is reaching out a helping hand to humanity. For humanity is at a point in need in its evolutionary cycle today. It is a point of transition, of moving from one level of consciousness to another. Of one point in time to another. By that we mean, moving out of the emotional structures and moving more into a mental nature. In order to do this, man must learn to balance the physical, the emotional, and the mental in order for this to be achieved.

And the Foundation is going to bring forward the different individuals that can help bring this about for humanity and for the individual. For in order to reach the billions of people upon the earth, you have to start with one and then the next and the next and the next. And eventually you will reach them all in time. Maybe not in this lifetime even, but in time.

Our view is much different from the view you have there. You view things in years and you see things as ultimates, and they are not. We do not worry if we miss this individual or that individual in this lifetime. Because truly they are not missed. Truly they have not been bypassed. Where they are at is where they need to be at this time and if they need to struggle and if they

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need to go through that lifetime without the helping hand in order to come to soul awareness much quicker, then that is the path that will be given them. So remember there will be those that will refuse your help, that will refuse the helping hand. And that, too, is their pattern of enfoldment. You offer your hand out to all and help those that take it. We are not asking to reach out and change the world. We only ask that you reach out and change those who reach back. This is what God does in his work. He reaches out to all. The ones that He reaches are the ones who reach out to Him. He leaves alone those that have not reached out as yet because that is the lesson that they need to learn. That is the path that they have chosen. They still need to be involved in this world alone to learn the lessons needed. But eventually, one day, one year, one lifetime they will turn, they will reach out and God's hand will be there as it always has been and they, too, then will receive the helping hand they have been looking for.

So let the Foundation be the helping hand of God, reaching out to humanity, reaching out to the individual, offering an understanding, a method of balance within the physical, the emotional and the mental natures. And do not forget the spiritual as well. For that, too, is of vital importance. But unless they have the other three vehicles aligned, the spiritual offering will suffer greatly, because the greater focus will be on trying to heal the physical, the emotional and the mental. Spirit is whole and complete in itself. It cannot be changed or transformed. But the physical body and the emotional body and the mental body are very different structures. They change from moment to moment, from thought to thought, from feeling to feeling.

If one was to achieve spiritual enlightenment, they first must get in balance the physical, the emotional and the mental. And they must come into a point of control

of this flux, of change in their lives, of moving from moment to moment, emotion to emotion, and thought to thought. And then focusing their attention to the soul. Let the Foundation's main purpose be to bring balance in these lower vehicles, and then in time the spirit will flow accordingly.

And now at this time, we will open the floor for a few questions.

JEF: Am I correct that this is Cato speaking?

A: Yes, it is. Remember, that unless other identification comes forward, it will always be me coming with a message. And I then will introduce the individual. For now, I oversee, in a sense, the flow of energy that comes through this vehicle in this state of being.

JEF: If I remember correctly, you were Confucius?

A: Yes, I was.

JEF: Just by chance I ran across a motion picture giving some of the history of Confucius at which you had been head of a government, I believe, and had resigned. I just caught one of the sequences of the film as it went by. You never discussed your past with us and it would be helpful to know a little bit more about you personally.

A: We do not prefer getting into areas of our own identity, of past, present or future, because then you lock in too much upon a personality. But I will say this. It is no coincidence that that program was on at this time. And let me make one statement. I was not head of a government, rather I was a secretary

within a governmental office.

JEF: I see. Well, that helps set the stage in the energy for you to come in more appropriately this evening then. We have just come back from a very important meeting in Phoenix and felt very good about our contact with the Advisory Board. We felt the men were dedicated. We felt that they were ready to move ahead in very important work in the world. As I explained to them at the time, it was my personal feeling that it was not by accident that they were all there - that they all had been called for a very specific thing at a specific time. And I am very happy to have had that opportunity. Could you give us a little bit more of your reaction to the meeting?

A: As we told you before you left, the professional attitude and atmosphere must be maintained within the Foundation at all times. And now you can see quite clearly that we have brought forward the professional energies necessary and appropriate way of building the foundation now has been laid forward and this we are very pleased with.

JEF: I carried that out very specifically mentioning that a professional attitude was a desirable foundation... and most certainly we entertain the feeling that since our Institute is becoming better known now with a meeting of this sort, we feel there are many individual operators and experimentors and people who have developed equipment that will now be coming forward and that the job of classification may become a very important element in the Institute itself.

A: Yes, do you have a question with this?

JEF: Well, I am just wondering if that were not true - if there were many, many pieces of equipment already developed and been kept under wraps, so to speak, but now might be brought forward for us to make an examination.

A: There are several as we have told you in many years past that have different types of inventions on paper, if not totally developed, that will be brought forward in time. And the time is drawing near that this will come forth.

BF: On the explanation that you opened with, I am assuming that these are standards of practice that are being directed first towards the people involved in the foundation. It's a kind of canon of ethics that we need to understand first before we can educate other people. Is that correct?

A: This is correct. In order to present to the public that which the foundation is going to try to present, the individuals within the foundation must come up to a level within themselves - if you want to call it a Code of Ethics - to live by. This does not mean that everyone has to live within a mainstream in the foundation and cannot step outside of that, but at least an understanding of what the foundation is representing and what it is trying to teach is very important.

BF: Can you explain when you are talking about the unfoldment of the foundation what you meant when you eluded to the necessity for us to shift more from emotional to mental.

A: No, I was not referring to the individuals here so much as humanity. Humanity, at this point in time, is going through a shift from the emotional to the mental level in its evolutionary cycle. And it is time now for this to come about. In order for mankind to better achieve it, the foundation and other foundations like this one will help bring a better balance within the mental understanding of personal care, personal maintenance and personal balance. And in doing this, it will help to bring a better balance within the physical, emotional and mental by giving them mental understanding of how to go about this in a personal life. Is it understandable?

BF: Yes, it certainly is. On the question of obtaining balance in the emotional, mental and physical, how it (this is probably more of a personal question than a

group question) - how is it that we are to find where we are delinquent in a certain area?

A: The best way for this is to do an evaluation as well as going within. An evaluation of your daily life by keeping something of a diary and seeing where your weaknesses are - see if it is in the physical, in the mental, in the emotional and you probably will find weaknesses in all different areas. When you find those weaknesses, find ways to strengthen them. For instance, if you find an emotional weakness, come to an understanding of that emotional weakness - a thought for every feeling, a feeling for every thought - balance. If you find a physical weakness, then find out what is causing the weakness and do something to correct it, either through nutrition, exercise, seeing a medical physician, a dentist - whatever it may take in order to bring about the proper balance in the physical.